

Breastfeeding Class “Feeding your baby”

(Please call to pre-register at (402) 564-9931 Ext. 202) Available in both English and Spanish
Free to Anyone—Tuesdays and Thursdays

Date	Time	Place	English/Spanish
Tuesday, June 1	9-10am	ECDHD 2282 East 32 nd Avenue Columbus	Spanish
Thursday, June 3	4:30-5:30pm	ECDHD 2282 East 32 nd Avenue Columbus	English
Tuesday, June 8	9-10am	West 17 th Street and Banner, Schuyler	English
Thursday, June 10	9-10am	West 17 th Street and Banner, Schuyler	Spanish
Tuesday, June 15	9-10am	ECDHD 2282 East 32 nd Avenue Columbus	English
Thursday, June 17	4:30-5:30pm	ECDHD 2282 East 32 nd Avenue Columbus	Spanish
Tuesday, June 22	9-10am	ECDHD 2282 East 32 nd Avenue Columbus	English
Thursday, June 24	4:30-5:30pm	ECDHD 2282 East 32 nd Avenue Columbus	Spanish

“LEARN” 12 week weight loss class

For more information on “LEARN” class please call (402) 563-9656 and ask for Roberta

Diabetes Education Class

(Please call to pre-register (402) 563-9656)

Where: ECDHD Community Wellness Center
3806 Howard Blvd. Columbus

When: Tuesdays ---- 10:00 and 4:00 in (English); 2:00 (Spanish)
Thursday ---- 4:00pm in Schuyler (Spanish)

Aerobic Exercise Class

Every Day

Where: ECDHD Community Wellness Center
3806 Howard Blvd. Columbus

When: Every Day

Time: 8:00am until 6:30pm